

Abstract

Title: Sport, health and physical self-concept of grammar school students

Objectives: Main goal of this thesis was to analyze the relation to one's own body in youth at the age of 17. The research should analyze physical activities, physical self-concept and the health of grammar school students. These results were compared to data from 20 years ago.

Methods: All the data presented in the empirical part of this thesis were obtained through a questionnaire survey among second year high school students. In total, 300 students, including 193 girls and 107 boys, took part in the survey. A standardized questionnaire was used and was taken from international research Sport, Health and Physical Concepts in Central and Eastern Europe (Mrázek, Fialová, Bychovskaja, 1998). The acquired data were recorded in writing, graphically processed and subsequently evaluated. Furthermore, the collected data were compared with the data presented in two diploma theses 20 years ago (Mešejdová, 1998), (Pavlíková, 199).

Results: According to the data obtained, teenagers are aware of the influence sport and overall healthy lifestyle have on their health. Girls are more motivated by the desire to look good, while boys want to increase physical fitness. The boys better assess their body and their person as a whole. Girls, on the other hand, take better care of their body. Compared to data collected 20 years ago, participation in physical activities increased and evaluation of physical education improved.

Keywords: body care, satisfaction, school physical education, health problems

